

MONTGOMERY COUNTY RECREATION 2021 SPRING ADULT SOCCER COVID-19 HEALTH AND SAFETY RULES & GUIDELINES

Montgomery County Recreation values the health and wellness of all our participants, contractors, and staff. In accordance with the Governor's and County Executive's orders, Center for Disease Control guidelines and the Montgomery County Recreation Outdoor Recreation Programs COVID-19 Health and Safety Guidelines we have set forth the following rules and guidelines for soccer league play. These rules and guidelines are designed to mitigate any potential spread of COVID-19 within our community. Please visit <https://www.montgomerycountymd.gov/covid19/orders.html> to see the latest County Executive order.

General Rules and Guidelines

Physical Distancing

- All persons should practice physical distancing of six feet wherever possible from individuals not residing within their household.

Face Coverings

- All persons over the age of 2 years old are required to wear a face covering when leaving their residences and likely to come into contact with another person.
- Please see below for Game Play specific rules regarding face coverings while on the field.

Hand Hygiene

- Wash your hands often with soap and water for at least 20 seconds, after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Players, coaches, and referees are encouraged to wash their hands at home prior to and after attending a program and bring their own hand sanitizer for personal use.

Bathrooms

- Bathrooms may not be available at the fields. Please plan for them not being available for use and plan accordingly.

Congregating and Spectators

- Teams are limited to bringing a total 23 people, including players, coaches and those needing guardianship.
 - No spectators are permitted except for children needing guardianship due to childcare issues.
- Teams are responsible for ensuring adherence to health and safety guidelines for all players, coaches and those needing guardianship associated with their team.
- Congregating both before and after the program either in the program sites or the parking lots is not allowed.

Rules and Guidelines for Game Day and the Field-of-Play

Pre-Arrival Participant Screen

- All participants should self-check for symptoms related to COVID-19 prior to attending the program. If exhibiting symptoms, possibly exposed, or have encountered someone recently diagnosed with COVID-19, please do not attend your games.

Equipment

- Players should avoid sharing equipment when possible by using their own equipment.
- It is suggested that balls be handled by the feet as much as possible during the warmups and after the games.
- When equipment must be shared it shall be cleaned and disinfected after each use with a Recommend use of EPA-registered household disinfectant.
(<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>)
- Referees should limit their contact with the ball when possible.
- Balls landing outside the field of play should be retrieved by participating players, coaches, and referees using their feet as much as possible.
- Used balls or back up balls should be wiped down/disinfected by the teams before game use.
- Players are recommended to bring their own marked water containers or non-alcoholic fluids.

Pre-Game

- All players, coaches, and referees are required to wear a face covering.
- All persons over the age of 2 years old must wear face coverings.
- Players, coaches, and referees shall maintain a physical distance (at least six feet apart) on and off the field, before and after games. Teams are encouraged to spread out along the sidelines to maintain the six feet of physical distance.
- Teams/players should not proceed to the fields until the other teams have completely cleared out.
- Warm-ups may take place on the field just before your game starts as long as the previous games are completed, and teams have completely left the fields.

Pre-Game Meeting

- One coach per team will conduct a pregame meeting at the center of the field, requiring 6 feet physical distancing during ground rules discussions. Coaches and referees are required to wear masks during pregame.

Game Play

- All players, coaches and referees are required to wear a face covering.
 - All persons over the age of 2 years old must wear face coverings.
- Goalies will always wear gloves.
- It is recommended to use hand sanitizer frequently throughout the game.
- All players and coaches are to refrain from spitting.
- Pregame/during game play/post-game handshakes, high fives, team celebrations or team huddles are not allowed.

Post-Game

- Please take all your trash and belongings with you.
- Players and coaches should vacate the field/facility as soon as is reasonably possible after the conclusion of their game.

- Do not congregate in the parking lot or other areas at the field.

COVID Positive

- If a player, coach or referee is diagnosed with is a confirmed COVID-19 case or is exposed to a confirmed case of COVID-19, immediately contact Recreation Supervisor, Kristofor Sewer by calling 240-475-5456.

Failure to Observe Safety Rules and Recommendations

- The safety and wellness of our participants, contractors and staff is paramount and we need your help to keep everyone safe. Staff and referees will work together to educate players and spectators with reminders when appropriate.
- Those who refuse to comply with the safety rules may receive the following:
 - In game penalty resulting in a free kick for the opposing team
 - Verbal Warning
 - Player Ejection/ Suspension
 - Forfeiture of Game
 - Removal from League
- League schedules will be adjusted if teams are removed or forfeit and if enough permitted field time remains for make-up games.

Updated 3/27/2021: The information contained in these rules and guidelines is subject to change as we acquire more information or as the health situation changes.